

AGN. NO. \_\_\_\_\_

MOTION BY SUPERVISOR MICHAEL D. ANTONOVICH

MARCH 5, 2013

**LOS ANGELES COUNTY HEART WALK MONTH**

The 2013 Los Angeles County Heart Walk is a non-competitive 5K walk promoting physical activity and heart-healthy living in a fun, family environment. Funds that are raised through the Heart Walk will support research and outreach to individuals at risk for cardiovascular disease.

Each year, more than 1 million walkers participate in more than 350 events across the country, raising funds to save lives from our country's No. 1 and No. 4 killers -- heart disease and stroke.

Six Heart Walks will be held in Los Angeles County this year. The dates are as follows:

- Pomona Fairplex – October 13, 2013
- Pasadena Rose Bowl – October 19, 2013
- Downtown LA Grand Park – October 23, 2013
- Santa Clarita – October 27, 2013
- Santa Monica Pier – November 11, 2013
- Long Beach – November 10, 2013

The annual Heart Walk has become an opportunity for people to improve their health by walking and raising funds to help fight heart disease and stroke. The Heart Walk creates a stronger community among participants and survivors, instills passion to reduce disability and death from cardiovascular disease and stroke, and generates excitement for a new or renewed commitment to heart-healthy living. This year, more than 20,000 participants are expected to show their support and demonstrate their commitment to fighting heart disease and stroke.

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**MOTION**

MOLINA \_\_\_\_\_

YAROSLAVSKY \_\_\_\_\_

KNABE \_\_\_\_\_

ANTONOVICH \_\_\_\_\_

RIDLEY-THOMAS \_\_\_\_\_

Several County departments will join this year's Heart Walk to support the mission of the American Heart Association. In support of this effort, County departments' wellness coordinators will be asked to disseminate information regarding the Heart Walk and encourage colleagues to support and participate in these events.

Because so many of us have been touched by heart disease in our families and circle of friends, and because the Heart Walk supports the goals of this Board to improve the health of all County residents by encouraging physical exercise and healthy living,

**I, THEREFORE, MOVE** that the Board of Supervisors take the following actions:

1. Proclaim the month of October 2013, as "Los Angeles County Heart Walk Month", in support of the event, which encourages all employees to live a healthier lifestyle and reduce risk for heart attack and stroke;
2. Direct every County department to support the Los Angeles County Heart Walk by registering and supporting fundraising efforts;
3. Direct County departments' wellness coordinators to promote the 2013 American Heart Association Heart Walk, and encourage colleagues to participate and support; and
4. Direct the Auditor-Controller to publicize the Heart Walk events on the September 30, 2013 paycheck run, and encourage active employee participation.

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